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GLENDALÉ CELEBRATES NATIONAL PARKS AND RECREATION MONTH WITH VARIETY OF ACTIVITIES

Glendale, Ariz. — July is National Parks and Recreation Month across the country and Glendale has created a calendar of activities to celebrate.

Fun, healthy entertainment and adventures for you and your family are featured during the month of July at Glendale's recreation centers and parks for the public to experience and enjoy. Activities include sliding down Rose Lane Aquatics Center's water slide, early morning hiking at Thunderbird Conservation Park, visiting a dog park, a bread-baking class and many more.

The calendar is available at www.glendaleaz.com/parksandrecreation and is interactive, so viewers can click on an activity and go to more information and details on the web.

Parks and recreation is an important quality of life feature for individuals, communities and families. It can provide social, economical, environmental, health and community benefits.

For more information on Glendale's parks and recreation facilities and programs, visit www.glendaleaz.com/parksandrecreation or call 623-930-2820. A variety of videos on YouTube also provide a glimpse of parks and recreation opportunities. A few examples include: http://www.youtube.com/watch?v=7lawS_QHOwQ, <http://www.youtube.com/watch?v=a3-dG24VIMw>, http://www.youtube.com/watch?v=4Hpy6TmsI_o and <http://www.youtube.com/watch?v=jrhpb7nTVIA>.

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